

Date: November 1, 2021

Agenda Item # 2

**TO**: Senior Commission

FROM: Cheryl Anderson, Recreation Coordinator

SUBJECT: Adult 50+ Program

### **RECOMMENDATION**:

City staff will provide a status update on the Adult 50+ Program

# BACKGROUND/DISCUSSION

City Staff will share a program update since the Adult 50+ Program opened on Monday, October 4, 2021.

Attachment:

A. Program Calendars for Adult 50+

November 2021-Los Altos Community Center & Online activities
97 Hillview Avenue, Los Altos, CA 94022

Monday	Tuesday	Wednesday	Thursday	Friday
9-9:45AM- Vijay D. Yoga & Meditation* 9:15-12PM-Play- Bridge 12:30-2PM- Monkey Toys	2 9:15-2PM- <i>Play</i> -Bridge 1-2PM- <i>Richard C</i> . Line Dancing 1-3PM- <i>Ellen C</i> . Tech Tutor (appt)	<sup>3</sup> 9:15-2PM-Play-Bridge 10AM-12PM Lenora ArtVenturers 10:30-11:30AM- Kathleen (Garden house) Tai Chi for Health	4 9-11:30AM-Play-Bridge 11:30-2PM- Pinochle 12 -2PM- Play American Mah Jongg 1-3PM- Ellen C. Tech Tutor (appt)	s 10:30-12PM- <i>Ken P.</i> Foreign Affairs*
8 9-9:45AM- Vijay D. Yoga & Meditation* 9:15-12PM-Play- Bridge 12:30-2PM- Monkey Toys	9 9:15-2PM- <i>Play</i> -Bridge 1-2PM- <i>Richard C</i> . Line Dancing 1-3PM- <i>Ellen C</i> . Tech Tutor (appt)	10 9:15-2PM-Play-Bridge 10AM-12PM Lenora ArtVenturers 10:30-11:30AM- Kathleen (Garden house) Tai Chi for Health	11 Celescoles Day	12 10:30-12PM- <i>Ken P.</i> Foreign Affairs*
15 9-9:45AM- Vijay D. Yoga & Meditation* 9:15-12PM-Play- Bridge 12:30-2PM- Monkey Toys	16 9:15-2PM-Play-Bridge 1-2PM- Richard C. Line Dancing 1-3PM- Ellen C. Tech Tutor (appt) 1-4PM- Nancy L. HICAP (appt)	17 9:15-2PM-Play-Bridge 10AM-12PM Lenora ArtVenturers 10:30-11:30AM- Kathleen(Garden house) Tai Chi for Health	18 9-11:30AM-Play-Bridge 10-11AM- Fall Prevention Santa Clara County Fire 11:30-2PM- Pinochle 12 -2PM- Play American Mah Jongg 1-3PM-Ellen C. Tech Tutor (appt)	19 10:30-12PM- <i>Ken P.</i> Foreign Affairs*
22 9-9:45AM- Vijay D. Yoga & Meditation* 9:15-12PM-Play- Bridge 12:30-2PM- Monkey Toys	23 9:15-2PM-Play-Bridge 1-3PM- Ellen C. Tech Tutor (appt) 1-2PM- Richard C. Line Dancing	24 Closed	25 Happy Holidays Closed	26 Closed
29 9-9:45AM- Vijay D. Yoga & Meditation* 9:15-12PM-Play- Bridge 12:30-2PM- Monkey Toys	30 9:15-2PM-Play-Bridge 1-2PM- Richard C. Line Dancing 1-3PM- Ellen C. Tech Tutor (appt)			

#### Legend

Fee-Based Classes Free Classes Free Special Activities and Events Call for Appointment

\* Online activities are marked with an asterisk

NOTE: Calendars are not a comprehensive listing of all programs

November	2021- Grant Park and Community Center			
1575 Holt Ave, Los Altos, CA 94022				

	1373 HOIL AVE, LOS AILOS, CA 74022					
Monday	Tuesday	Wednesday	Thursday	Friday		
9-2PM-Chess 9:15-12PM-Play- Bridge 11AM-Jack T. Conversation Group	2	9:15-2PM-Play-Bridge <sup>3</sup> 10:15-11AM-Eleanor Stretching & Walk 10:30-12:30PM- Class American Mah Jongg 12:30-2PM- Play American Mah Jongg	4	Center Closed	5	
8 9-2PM-Chess 9:15-12PM-Play- Bridge 11AM- <i>Jack T.</i> Conversation Group	9	10 9:15-2PM-Play-Bridge 10:15-11AM-Eleanor Stretching & Walk 10:30-12:30PM- Class American Mah Jongg 12:30-2PM- Play American Mah Jongg	11 Veterans Day	Center Closed	1:	
15 9-2PM-Chess 9:15-12PM-Play- Bridge 11AM- <i>Jack T.</i> Conversation Group	16	17 9:15-2PM-Play-Bridge 10:15-11AM-Eleanor Stretching & Walk 12-1PM - Thankful Thanksgiving Social 10:30-12:30PM- Class American Mah Jongg 12:30-2PM- Play American Mah Jongg	18 10-11AM- Fall Prevention Santa Clara County Fire	Center Closed	1	
22 9-2PM-Chess 9:15-12PM-Play- Bridge 11AM- Jack T. Conversation Group	23	24 Closed	25 Happy Holidays Closed	Center Closed	26	
9-2PM-Chess <sup>29</sup> 9:15-12PM- <i>Play</i> - Bridge 11AM- <i>Jack T.</i> Conversation Group	30					

# <u>Legend</u>

Fee-Based Classes Free Classes Free Special Activities and Events Call for Appointment

Online activities are marked with an asterisk

NOTE: Calendars are not a comprehensive listing of all programs

December	2021-Los Altos	Community Center & Online Activities
	97 Hillview A	venue, Los Altos, CA 94024

Monday	Tuesday	Wednesday	Thursday	Friday
		9:15-2PM-Play-Bridge <sup>1</sup> 10-12PM Lenora ArtVenturers	2 9-11:30AM- <i>Play</i> -Bridge 11:30-2PM- Pinochle	3 10:30-12PM- Ken P Foreign Affairs*
		10:30-11:30AM- Kathleen (Garden house) Tai Chi for Health	12 -2PM- <i>Play</i> American Mah Jongg 1-3PM- <i>Ellen C</i> . Tech Tutor (appt)	
9-9:45AM- Vijay D. Yoga & Meditation*	7 Medicare open enroliment ends	8 9:15-2PM-Play-Bridge 10-12PM Lenora	9 9-11:30AM- <i>Play</i> -Bridge 10-11AM- Fall Prevention	10 10:30-12PM- Ken P Foreign Affairs*
9:15-12PM- <i>Play</i> -Bridge	9:15-2PM-Play-Bridge 1-2PM- Richard C.	ArtVenturers 10:30-11:30AM-	Santa Clara County Fire* 11:30-2PM- Pinochle	
12:30-2PM- Monkey Toys	Line Dancing 1-3PM- Ellen C.	<i>Kathleen</i> (Garden house) Tai Chi for Health	12 -2PM- Play American Mah Jongg 1-3PM- Ellen C.	
	Tech Tutor (appt)	11AM - Mini Trip	Tech Tutor (appt)	
13 9-9:45AM- Vijay D.	14	15	9-11:30AM- <i>Play</i> -Bridge	10:30-12PM- Ken P
Yoga & Meditation*	9:15-2PM-Play-Bridge 1-2PM- Richard C.	9:15-2PM-Play-Bridge	11:30-2PM- Pinochle 12 -2PM- Play	Foreign Affairs*
9:15-12PM- <i>Play</i> -Bridge	Line Dancing	10-12PM Lenora ArtVenturers	American Mah Jongg 1:00PM - Holiday Dessert	
12:30-2PM- Monkey Toys	1-3PM- Ellen C. Tech Tutor (appt)		Social with Movie 1-3PM- Ellen C.	
20	21	22	Tech Tutor (appt) 9-11:30AM-Play-Bridge	24
9-9:45AM- <i>Vijay D</i> . Yoga & Meditation*	9:15-2PM-Play-Bridge	9:15-2PM-Play-Bridge	11:30-2PM- Pinochle 12-2PM- Play	Happy Holiday
9:15-12PM- <i>Play</i> -Bridge 12:30-2PM- Monkey Toys	1-3PM- Ellen C. Tech Tutor (appt)	10-12PM <i>Lenora</i> ArtVenturers	American Mah Jongg 1-3PM- Ellen C. Tech Tutor (appt)	
27	28	29	30	31
9-9:45AM- Vijay D. Yoga & Meditation*	9:15-2PM-Play-Bridge	9:15-2PM-Play-Bridge	9-11:30AM- <i>Play</i> -Bridge 11:30-2PM- Pinochle	
9:15-12PM- <i>Play</i> -Bridge	1-3PM- Ellen C. Tech Tutor (appt)	10-12PM Lenora ArtVenturers	12 -2PM- <i>Play</i> American Mah Jongg	
12:30-2PM- Monkey Toys			1-3PM- Ellen C. Tech Tutor (appt)	

Legend

- Fee-Based Classes Free Classes Free Special Activities and Events Call for Appointment
- \* Online activities are marked with an asterisk
- NOTE: Calendars are not a comprehensive listing of all programs

# December 2021-Grant Park & Community Center

1575 Holt Avenue, Los Altos, CA 94024

Monday	Tuesday	Wednesday	Thursday	Friday
		9:15-2PM-Play-Bridge	2	3
		10:15-11AM-Eleanor		
		Stretching & Walk		Center Closed
		10:30-12:30PM- Class		
		American Mah Jongg		
		12:30-2PM- Play American Mah Jongg		
	7	9:15-2PM-Play-Bridge <sup>8</sup>	9	10
9AM-2PM-Chess	, Medicare open enroliment ends			
9:15-2PM-Play-Bridge		Stretching & Walk	10-11AM- Fall Prevention-	
site 21 million of other		10:30-12:30PM- Class	Santa Clara County	Center Closed
11AM- Jack T.		American Mah Jongg	Fire*	
Conversation Group		11AM - Mini Trip 12:30-2PM- Play		
		American Mah Jongg		
13	14	15	16	17
9:15-2PM-Play-Bridge		9:15-2PM-Play-Bridge		
9AM-2PM-Chess		10:15-11AM-Eleanor		Center Closed
9AM-ZPM-Cliess		Stretching & Walk 10:30-12:30PM- Class		Center Closed
11AM- Jack T.		American Mah Jongg		
Conversation Group		12:30-2PM- Play		
		American Mah Jongg		
20	21	22 9:15-2PM-Play-Bridge	23	24
9AM-2PM-Chess		, ,		Happy Holidays
		10:15-11AM-Eleanor Stretching & Walk		100 A 100
9:15-2PM-Play-Bridge		10:30-12:30PM- Class		
11AM- Jack T.		American Mah Jongg		75719
Conversation Group		12:30-2PM- <i>Play</i>		
		American Mah Jongg		
27	28	29	30	31
9AM-2PM-Chess		9:15-2PM-Play-Bridge	50	5.
0.15.2DM Blass Bridge		10:15-11AM-Eleanor		
9:15-2PM-Play-Bridge		Stretching & Walk		Center Closed
		10:30-12:30PM- Class		
11AM-Jack T. Conversation Group		American Mah Jongg		
conversation droup		12:30-2PM- Play		
		American Mah Jongg		
Lanand				

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